VIEWING YOUR RESULTS
Once you put on your pedometer with the cover closed, it will automatically begin to record your steps, and activity time. Repeatedly press the red MODE button to cycle through the pedometer modes:

STEP → ACTIVITY TIMER → STEP

2-STEP DELAY FILTER
ACCUSPLIT has added a “2 step delay” filter to this pedometer, to weed out false steps caused by tapping the foot, sitting down, etc. The filter is set to “2 steps,” meaning that the unit will wait to start counting steps until more than two steps have been recorded. When you are beginning a walk, the display will not show any steps for a few seconds. After the unit has sensed three steps, the display will register all of those steps at once, and keep counting from that point.

RESETTING YOUR PEDOMETER
Most people prefer to reset step counts daily. To reset: press and hold the white RESET button for at least 2 seconds.

REPLACING THE BATTERY
When the display starts to dim or goes blank, it is time to replace the battery. Your pedometer uses one Type L1142 (LR43) 1.5 volt silver oxide battery.

To replace:
1. Insert a coin into the slot on the front of the case, and twist counterclock-wise to loosen the battery door.
2. Remove battery door and take out the old battery. Replace it with a new battery. The battery’s positive (+) terminal should be FACE UP while you put it into the pedometer.
3. Put the battery door back on and twist the coin clockwise to tighten.

Eat Right! Walk More!
Live Well!
The ACCUSPLIT Lifestyle